

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

“TO LIVE IN A SAFER WORLD”

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COMPLEMENTARY THERAPY: OSTEOPATHY

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Interest in complementary therapies appeared with people's growing concern for a healthy lifestyle and as they search for ways of promoting health. The therapies range from the medicinal, such as homeopathy and herbal medicine, to the physical such as massage and manipulation. Many of the therapies, including acupuncture and ayurveda, have arisen in the East and been adapted for Westerners. Using techniques of manipulation and massage, osteopaths work on bones, joints, muscles and connective tissues of the musculoskeletal system to improve their functions and health of the whole body.

In the late 19th century the American army surgeon Dr Andrew Taylor Still found that he could cure disorders with manual techniques alone, and he put his ideas together to launch a new therapy – osteopathy. Dr Still believed that good health depended on the proper functioning of the body's framework. The muscular-skeletal system supports and protects all the organs of the body, so it must work well for the body tissues to be healthy, the brain and nervous system to be responsive and for the circulatory, lymphatic and digestive systems to operate efficiently.

Most people think of osteopathy as a therapy in connection with bad backs, but it has much wider applications. In cases of osteoarthritis, for example, osteopathy can relieve pain and stiffness associated with disorders and can improve mobility.

Osteopathy also helps conditions that are aggravated and in some cases caused by problems of the musculoskeletal framework. Examples include premenstrual syndrome, recurrent sinusitis, asthma, migraines and tension headaches. It can aid the recovery from sports injuries and from occupational problems caused by spending long periods at a computer screen, on the telephone or driving, or simply from poor posture. In pregnancy osteopathy provides a drug-free way to relieve

backache, which often occurs because of the change in posture and weight gain, as well as heartburn and constipation.

Osteopaths are qualified to carry out orthopedic, neurological and circulatory system examinations, so your practitioner may perform tests on parts of your body other than the bones and muscles. An osteopath has a wide range of techniques that are generally aimed at loosening and freeing elements, rather than repositioning them. These include different methods that gently stretch the muscles and ligaments as well as osteopathic soft tissue massage. Other methods are rhythmical movements of joints or high velocity thrust techniques, which can cause joints to click and are designed to improve the range of motion. Gentle release techniques are also widely used, especially on children and elderly people.

Cranial osteopathy is a special branch of osteopathy. It was developed in the 1940s. Cranial osteopaths claim that compression and moulding of the cranium, or skull, can occur during childbirth or as the result of trauma or long-term tension. This can lead to health problems because they can affect the rhythm of the cerebrospinal fluid in the cranium and spine. Osteopaths believe they can sense pulsations of the cerebrospinal fluid, which are known as the cranial rhythmic impulse. By manipulating the bones of the cranium, they can restore the fluid to the balanced rhythm.

This gentle therapy is suitable even for newborn babies, as well as for children and adults. Problems are diagnosed and treated with a range of manipulative techniques. Difficulty feeding, colic, wind, disturbed sleep, headaches, ear, nose and throat problems, asthma and behavioral disorders can all be treated. It is usually imperceptible, so you may be unaware that something is happening, apart from feeling the osteopath's hands. Sometimes you may experience a warm sensation as tension is released from the body. Osteopathy leaves people feeling deeply relaxed and claims to treat an individual by stimulating body's own defenses.

Osteopathy is now recognized by most conventional doctors and is one of the most accepted complementary therapies.